Classes for Hard of Hearing People

For people who are Hard of Hearing & Late-Deafened and their Families, Co-Workers, Friends, and People who are losing their hearing

Beginning Speechreading/Lipreading – Once a week for 18 weeks, 1.5 hours each class.

Purpose: Help to develop better communication skills. Can be broken into two 9-weeks classes.

- Non-verbal communication
- Awareness of speech clues
- Understanding of phonetics & homophones
- Speech development
- Non-vocal drills

<u>Advanced Speechreading/Lipreading</u> – Once a week for 8 weeks, 2 hours each class. Purpose: Help to develop better communication skills with more short stories and improve visualization and comprehension

- Non-verbal communication, body language, facial expression
- Awareness of speech clues, comprehension and understanding
- Understanding of phonetics, homophones, and vowels
- Speechreader versus Speaker
- Pre-requisite: One full year for Beginning Speechreading

<u>Living with Hearing Loss</u> – Once a week for 6 weeks, 1.5 hours each class. Purpose: Offer knowledge and skills to adjust to life with hearing loss and improve communication strategies.

- Signs and Symptoms of Hearing Loss
- Myths about Hearing Loss
- Causes of Communication Breakdowns
- Misunderstandings
- Responses to Communication Breakdowns
- Grieving over Hearing Loss
- Ear, Sound and Audiogram

<u>Coping Skills</u> – Once a week for 6 weeks, 1.5 hours each class. Purpose: Help with emotional needs and resources.

- Lipreading/Facial Expression/Body Language
- Effective Communication Strategies
- Assistive Listening Devices
- People First/Denial/Family Gathering/Coping
- Communication Tips/Telephone Strategies
- Simple Stress Management

<u>Hearing Aids 101: When hearing aids join the family</u> – Once a week for 4 weeks, 1.5 hours each class. Purpose: Help people adjust to life using hearing aids.

- Expectation for hearing aids, Audiologist's role, Experiences to Hear Again, Hearing Aids and Noisy Environment
- How Hearing Aids Work, Protecting Your Hearing Aids, Batteries, Troubleshooting your Hearing Aids, Telecoil
- Hearing Assistive Technology (phones, alerting devices, and personal amplification systems)
- Bluetooth technology
- Your Responsibility & Your Rights, Disability Rights Laws, and support groups

<u>Tinnitus</u> – Once a week for 4 weeks, 2 hours each class. Purpose: Increase knowledge and coping skills living with Tinnitus.

- Definition, Sounds, Causes, Cycle
- Causes of Tinnitus, Types of Hearing Loss, Various Diseases
- Evaluation for Medical Needs
- Coping Skills and resources
- Treatments to help and cope Tinnitus

<u>Beginning Conceptually Accurate Signed English (CASE)</u> – Once a week for 16 weeks, 2 hours each class. It is broken into two 8-weeks classes (CASE 1 and CASE 2). Purpose: Increase communication skills and learn the signs American Sign Language (ASL) and use them with English syntax and grammar. The signs supplement spoken English.

- Slow-paced class
- Manual Alphabets, Quantity, Questions words, People, Colors, Adjectives/Adverbs, half of Verbs, Prepositions/Locations, Animals, Time/Seasons/Weather, Food, Clothes, Thoughts/Emotions, half of Verbs, Holidays/Religion, Health/Body, and Home/Community.

<u>Advanced Conceptually Accurate Signed English (CASE)</u> – Once a week for 10 weeks, 2 hours each class. Purpose: Increase communication skills and learn the signs American Sign Language (ASL) and use them with English syntax and grammar. The signs supplement spoken English.

- Slow-paced class with more advanced level
- Pre-requisite: One full year for Beginning CASE
- Learn how to use the signs from Beginning CASE into conversational words and sentences. Games and homework are included.

All classes are in spoken English. If any ADA accommodations are needed, please let Robin know when you register. If you are interested, please contact Robin Traveller, 801-657-5752 or email her at rtraveller@utah.gov

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